

# Grapefruit For Babies

## Precautionary Measures To Follow



Consult a pediatrician if there is a history of citrus fruit allergy in your family before adding grapefruit to their diet.

If your baby has gastric reflux, know that the grapefruit's high acidity may worsen the condition.



Follow a "three to five-day wait" rule when introducing grapefruit to check for intolerance, sensitivity, or allergy.

Choose fresh grapefruit and taste it before serving, as it may sometimes be bitter.



Use whole grapefruit in recipes such as broiled grapefruit with yogurt.

Avoid feeding packaged or canned grapefruit juice as it has high amounts of added sugar.

